



## KEY DATES

Events in weeks 7 – 12 you don't want to miss –

### NI Graduate Recruitment Fair

Tues 13 June 2017 11am – 3pm  
Whitla Hall

### London Law Workplace Study Tour

2017 Dissemination 5.45 - 8pm  
Mon 06 March 2017 SGC HUB

### Work in the USA - Irish International Immigrant Centre

Wed 08 March 2017 2 - 3pm  
SGC HUB

### Finance and Business Workplace Study Tour 2017 Information Session

Wed 22 March 2017 3 - 4 pm  
SGC HUB

### DegreePlus Workshop

Wed 29 March 2017 1 – 1.30 pm  
SGC HUB

### PGT Study Skills Bootcamp

Tues 09 – Wed 10 May 9am - 5 pm  
Graduate School (TR2)

## CLOSING DATES!!!

### Common Purpose

Hong Kong 10<sup>th</sup> March

Insight into Management 24<sup>th</sup> March

Follow *The Edit* on Facebook and Twitter for weekly AHSS event updates.

## Grades Are No Longer Enough, How To Stand Out

New figures released by the *Higher Education Statistics Agency* have revealed that the proportion of UK students graduating with a first in their degrees has skyrocketed over the past 5 years. A quarter of UK students now graduate with a first class degree, compared with just 12 percent in 2012. Great news, right? Well, maybe not...

Employers have complained that the recent uptake in grades has made it **increasingly difficult to find the best candidate for the job**. The *Independent* reports that these claims from employers have resulted in many universities beginning to provide character reports alongside degree classifications, thus **combining the student's academic and extra-curricular merits**.

With such tight competition for graduate positions, students will have to be willing to **go the extra mile** to secure their future job prospects. *The Edit* has spoken to top ranking

professionals in the AHSS sector such as Mark Devenport, BBC NI's political editor and Julia Paul, former BBC journalist and now Queen's lecturer, among others. All of those we spoke to stressed the importance of **gaining any and all experience you can in your preferred job field** during university. As they told us, it's **not what you say** you can do, but **what you are able to show** you have done.

Luckily for us, there are ridiculous numbers of opportunities for extra-curricular activity at Queens. The Careers Service can help with securing an internship or placement and QUBSU can point you in the direction of a society to join, with over 200 to choose from. Gaining an accreditation such as Degree Plus will also **help set you apart** from other applicants.

Competition may be fierce due to better than ever grades, but don't count yourself out of a career in a competitive AHSS sector just yet. (OT)

## WE ARE RECRUITING!

Interested in journalism, reporting current events and the media sector? We need writers, interviewers, video producers, media managers, marketing planners and creative communicators.

Deadline Fri 24<sup>th</sup> March, apply through MyFuture

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# INTERVIEW – From Anthropology to Stormont

## Kate Nicholl

**Belfast City Councillor, previously worked for Anna Lo MLA in Stormont**

We ask her about her experience in politics and why she would encourage students to think of a career in it!

### What are your past qualifications?

I have a BSc in Anthropology and A Levels in English, History and Drama - I was never going to be an astronaut!

### What made you decide to enter a career in politics?

It happened gradually. Like many humanities students **I was interested in so many things and had no clue what career I would end up in.** I signed up to the London Liberal Youth society at fresher's and ended up meeting a really impressive woman who was running for Westminster in 2010 and agreed to help her out - that's when I got the politics bug! **I loved talking to people** about issues and discussing how to fix them. When I moved back to Belfast I wrote to Anna Lo and **asked if I could volunteer** in her office. One day turned to two and soon I was there everyday and waitressing in the evenings. When a paid job opened up in the office I applied - and got it!

### Was the reality of working for the NI Assembly different to what you expected?

I loved working in the Assembly- **every day was different.** I worked for an MLA and wrote her speeches, helped to write amendments to legislation, met with organisations who needed her help, deputised at All Party Group meetings on issues such as Human Trafficking and Ethnic Minorities and assisted constituents with issues ranging from broken street lamps to hate crime. The canteen was a bit like Mean Girls though and I found the negativity a bit hard at times - Anna dealt with her death threats better than I did! I also hated how change takes so long- or didn't happen at all. My experience strengthened my resolve to stay involved in politics - **change will only happen if people fight for it.**



### As a Cllr, what parts of the job do you enjoy most and what parts the most challenging?

What surprised me about Council was **how easy it is to work with other parties;** it's much less fractious than the Assembly. I really love doing casework, Assembly was far more policy and communications based, and **there's nothing more rewarding being able to help someone.** I like being able to raise issues at Council. I find there not being unlimited funds most challenging - there are so many great organisations and projects which need funding and not being able to help them is frustrating. But I genuinely love being a Councillor!

### What advice would you give to Arts, Humanities and Social Science students who are considering a career in politics?

**Do it!** Politics needs you!! I didn't study politics or law so don't let that put you off. **Get experience** - my student involvement with campaigning in the general election got me the job with Anna Lo. **Get involved** in campaigns you believe in, try out student politics or join the local branch of a party that you feel most strongly aligned to. I found having Anna as **a mentor so beneficial**, so if there's someone whose political career you admire - contact them, ask them for advice. Politics (especially in Northern Ireland) requires a **thick skin and patience** - **but it's also fast paced and rewarding** - I've no regrets (so far!) (NH)

## The Secret Life of Politics

Working in politics is much more than just the front-faced interactions sitting in a chamber. Behind every elected representative and body of government, there is a **huge network** which runs government. Often we don't realise these opportunities exist. Working in politics doesn't mean having to belong or be active in a political party. In fact, for some jobs it helps not be!

**Interested in the politics, but maybe not so much the party?**

- **Social Researcher**

A key player in analysing and presenting research which goes into implementing government policy. It's highly skilled and can aid in a Minister's policy making decisions. They have flexibility to work across a variety of departments as well as with an array of specialists; from economists to civil servants. At high levels, the job will impact on the activities of government. Check out - [www.prospects.ac.uk/job-profiles/government-social-research-officer](http://www.prospects.ac.uk/job-profiles/government-social-research-officer)

- **Public Affairs Consultant**

Requires quick thinking and creates connections across sectors. They use their knowledge of the political system to advise clients on guidance around political and public policy. Can involve a range of clients; from charities to the government and even international bodies such as the UN. You'll need some sort of work experience, working in a political office or charity, or internship.

- **Political Journalist**

A global career involving covering international incidents, to regional and local elections. Must be diverse and up to date on current affairs and publically impartial in terms of party politics. Experience in writing and reporting is crucial.

These are just a small fraction of the careers available in this sector.

[www.w4mp.org](http://www.w4mp.org) – Work for an MP  
[www.parliament.uk/about/working/](http://www.parliament.uk/about/working/)  
[www.jobs.ac.uk/jobs/politics-and-government](http://www.jobs.ac.uk/jobs/politics-and-government) (NH)

# SECTOR FOCUS – Public Sector Roles

Careers in the public sector include anything which is funded by public money. This means there are so many opportunities for jobs, from the emergency services to the civil service. Many join due to the stable employment levels and it puts employees in charge of changes to policy, governance and to help shape the future. The roles are rewarding however some do not have the financial rewards that may be expected, so motivation to enter the public sector should be more than financial. Although, in **The Times Top 100 Graduate Employers 2016**, the public sector organisations took 10 places, showing they are still popular for graduates. Find out more about jobs in the Public Sector at; [www.prospects.ac.uk/job-profiles/browse-sector/public-services-and-administration](http://www.prospects.ac.uk/job-profiles/browse-sector/public-services-and-administration) (GW)

## Getting started in Public Services Northern Ireland -

- ✓ **Public sector careers** - including Health and Social Care, the Armed Forces, Emergency Service and local councils ([www.nidirect.gov.uk/articles/public-sector-careers](http://www.nidirect.gov.uk/articles/public-sector-careers))
- ✓ **Northern Ireland Civil Service (NICS)** - recruitment site which supports the Assembly, the Executive and the institutions of government (<https://irecruit-ext.hrconnect.nigov.net/>)
- ✓ **Northern Ireland Public Service Alliance (NIPSA)** - the largest trade union in Northern Ireland [www.nipsa.org.uk/About-NIPSA/Join-US](http://www.nipsa.org.uk/About-NIPSA/Join-US)
- ✓ **Public Sector jobs UK** [www.publicsectorjobs.net](http://www.publicsectorjobs.net)

## Public Service organisations that offer student placements and internships -

- ✓ **UK Parliament** - Undergraduate Sandwich Student Placements [www.parliament.uk/mps-lords-and-offices/offices/commons/commonshro](http://www.parliament.uk/mps-lords-and-offices/offices/commons/commonshro)
- ✓ **Civil Service Fast Stream** - [www.faststream.gov.uk/summer-diversity-internship-programme/](http://www.faststream.gov.uk/summer-diversity-internship-programme/)
- ✓ **Foreign and Commonwealth Office** - work experience and internships [www.gov.uk/government/organisations/foreign-commonwealth-office/about/recruitment](http://www.gov.uk/government/organisations/foreign-commonwealth-office/about/recruitment)
- ✓ **HM Revenue and Customs** – 8 week summer programme [www.gov.uk/guidance/tax-professional-development-programme#internship-programme](http://www.gov.uk/guidance/tax-professional-development-programme#internship-programme)
- ✓ **International Labour Organisation** – United Nations Agency. 3-6 months. [www.ilo.org/public/english/bureau/per/s/vacancy/intern.htm](http://www.ilo.org/public/english/bureau/per/s/vacancy/intern.htm)
- ✓ **Interpol** - 2-11 month placements [www.interpol.int/Recruitment/Other-recruitment-pages/Internships](http://www.interpol.int/Recruitment/Other-recruitment-pages/Internships)

## Other useful job search websites –

- [www.nijobfinder.co.uk/public-sector-jobs](http://www.nijobfinder.co.uk/public-sector-jobs)
- [www.indeed.co.uk/Public-Sector-jobs-in-Northern-Ireland](http://www.indeed.co.uk/Public-Sector-jobs-in-Northern-Ireland)
- [www.recruitni.com/jobs/northern-ireland-jobs/public-sector](http://www.recruitni.com/jobs/northern-ireland-jobs/public-sector)
- [www.totaljobs.com/jobs/public-sector/in-northern-ireland](http://www.totaljobs.com/jobs/public-sector/in-northern-ireland)



## Creating your own role

### Matthew Harvey

**MSc Urban and Rural Design (Current)**  
**BSc Environmental Planning (Graduate)**

**Current Role - Social Media and Commercial Design at** [www.talnet.com](http://www.talnet.com).

### Where did the idea for the website come from?

It was originally developed by the two company founders who have vast experience within the **media and creative industries**, having worked on, and also launched, many projects prior to [www.talnet.com](http://www.talnet.com).

They knew the industries are associated with **collaboration, connectivity and networking** along with the ability to showcase a **professional portfolio**. They saw a market gap for a new product. The current team of four includes two Queen's students. We deal with digital

marketing, branding, social media and commercial design.

### Has your time at time at Queens influenced what you are doing now?

I have always been **passionate, enthusiastic and creative** whilst wanting to **make a difference in the world**.

Having studied at Queen's these traits have only grown stronger with each year at university. I would strongly agree that my time spent in Queen's has shaped me into who I am today, striving to improve daily and ultimately making the world a better place.



### Did you get involved in anything outside of your studies?

For two years, I've been involved in the **LDS peer mentoring programme**. I love sport and have represented Queen's in football, Ultimate Frisbee and Trampolining.

### What advice would you give to current students pursuing a creative career?

**Enjoy what you do**, innovate, smile more, be yourself, aim to make the world a better place, **try new things** and showcase your creative talents on [www.talnet.com](http://www.talnet.com).

### The Plug:

Talnet is a new social networking website for **people and businesses specialising in the Creative Industries**. It aims to be global with an integrated google mapping system to create project pages across the sectors so you can link profiles and projects anywhere.

**Showcasing our work** has never been easier! It's so important to get proactive and get ahead of the competition - imagine your portfolio ready to showcase at any time from your phone? Talnet acts as your own personal page for you or your business. Visit [www.talnet.com](http://www.talnet.com) today and start your free trial today (see the about section for SignUp codes).



# Degree Plus Deadline

Graduation may feel a long time away for those in Level 1 or 2, but it will fly by all too quickly. Why not seize the opportunity for an **added certificate** and sign up for a Degree Plus accreditation?

Despite the obvious fact that it will help to **enhance your CV** by filling in those **gaps in the 'experience' section**, Degree Plus will enhance your university experience as a whole. Gain a new set of skills, **meet like-minded people**, use invaluable **networking opportunities**, and become a more well-rounded - or rather, more employable - individual.

Degree Plus will help set the AHSS degree apart from the crowd - even from those STEM graduates...

You might not even be aware of your current eligibility for the award. Do you have a part-time job? Member of a club or society? Taken part in Erasmus? They all count!

## Degree Plus

Opportunities include involvement in clubs and societies, volunteering and professional/leadership development programmes. There are options AHSS may not even be aware they can take part in, such as **Insight into Management**, the **City Scholars Programme**, Belfast Enterprise Academy or ECDL.

Perhaps you find yourself suffering itchy feet, wishing to explore? Both Routes A and B accredit Erasmus programmes, with Route A recognising European workplace tours, the **Hong Kong Leadership programme** and **Study USA**.

Degree Plus offers two separate routes for completion. Route A requires you to complete **one substantial activity** and grants automatic completion. Route B requires the **combination of two or more activities**, plus a submission of an application.

**Submission Deadlines!**  
**Summer graduates – April 1st**  
**December graduates – October 1st**

You can 'bank' your award at any stage of your degree, you don't have to wait until final year. Any queries, drop an email to [degreeplus@qub.ac.uk](mailto:degreeplus@qub.ac.uk) (KMcf)

## 5 Routes into a Teaching Career

I know many of us Arts and Humanities students are sick and tired of the constant assumptions that our choice of degree automatically means we want to teach – but for those with the inclination, **teaching can be an exciting and rewarding career path**. Let's admit it, those holidays look pretty good. Here's a guide to the different paths that could take you on your way to becoming a teacher:

### 1. PGCE

A **one year course** to be completed after your Bachelor's degree, in which you can gain theoretical knowledge of teaching before you commence teacher training. In Northern Ireland, QUB and UU Coleraine offer post-primary PGCE courses and UU Coleraine, Stranmillis and St. Mary's offer primary PGCE courses. More information about these courses can be found on the websites of each institution.

disadvantaged schools across England and Wales while they work towards becoming qualified. This challenging but rewarding **two-year programme** immerses you in the full teaching experience from the start and earns you a PGCE and QTS (Qualified Teacher Status). More information can be found at: [www.teachfirst.org.uk](http://www.teachfirst.org.uk)

### 3. School Direct

This programme offers both a non-salaried and a salaried route and combines **in-school training with university-led training**, often offering the possibility of a job at the end of your training. A one-year course which, like Teach First, provides a hands on approach to teacher training. Find out more by visiting:

[getintoteaching.education.gov.uk/explore-my-options/teacher-training-routes/school-led-training/school-direct](http://getintoteaching.education.gov.uk/explore-my-options/teacher-training-routes/school-led-training/school-direct)

### 4. Premier Pathways

Another salaried teacher training programme which gives graduates with a 2.1 or above the opportunity to take on a **two-year position in a school**, as an unqualified teacher in your second year and graduate with a PGCE and QTS. You can find out more at [premierpathways.co.uk](http://premierpathways.co.uk)



### 5. TEFL

TEFL (Teaching English as a Foreign Language) won't land you a PGCE or QTS, but it is a great way to gain **international teaching experience** while also having the chance to travel. Attaining TEFL certification generally involves doing a course either at a higher education institution or online and popular countries offering work for English teachers include Vietnam, South Korea, Mexico and the Czech Republic. More information about TEFL can be found at:

[www.prospects.ac.uk/jobs-and-work-experience/gap-year/teaching-english-as-a-foreign-language](http://www.prospects.ac.uk/jobs-and-work-experience/gap-year/teaching-english-as-a-foreign-language)

(HM)



Department  
for Education

### 2. Teach First

Teach First allows potential teachers to earn a salary by working in

# From Queen's Belfast to CNN New York

## Donie O'Sullivan

*Producer with CNN (Social Discovery)*

MA Legislative Studies

BA History and Politics

Currently works on the news desk, covering domestic and international stories.

### Can you describe your job and what role you play?

I am a **producer at CNN** in New York. During breaking news stories I work to find **eyewitness video and pictures** to use on air and across all of CNN. I also go out on the field and have reported from across the US.



### Did you always know what type of career you wanted to do?

Yes - I was one of those annoying people who always knew what they wanted to do. I have always wanted to be a journalist. My mom used to tell me that when I was three-years-old I would line up my teddy bears and pretend I was interviewing them.



### How did your Degree help you to get where you are today?

I studied **history and politics** in UCD in Dublin and did an MA in **legislative studies and practice** in QUB. Both my undergraduate and postgraduate degrees helped me **develop critical analysis and research skills**. A good grounding in history is especially important in journalism, I believe.



### What advice would you give undergraduate Arts and Humanities students who are still unsure what career they would like to do?

The world is your oyster. My friends who studied arts and humanities now work as political advisors, in banking, in management consultancy, and in sales - to name but a few. **You shouldn't rule any career out.**

### Did you take part in any clubs or societies during your time at University that helped you to get a job?

In UCD, I helped run the College Tribune newspaper, which was great fun and taught me a lot. In Queen's, I was **working four days a week in Stormont** as part of my MA, so I wasn't able to get too involved in clubs and societies there, although my classmates and I always made time for Lavery's.

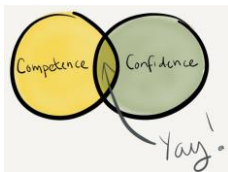
### What is your favourite part of your job?

It's cliché, but in news no two days are the same - I love traveling and meeting new people as I work on stories. (CS)

## 5 Tips for Interview Confidence!

### 1. Preparation is Key

Research the business you are applying to thoroughly beforehand! You can answer questions **tailored to the positions specific needs**. Research the **mission statement** of the business and try to include some of their **key words** in your answers! It gives the impression that you are genuinely interested in working for this employer, and won't go unnoticed!



### 2. Try to Connect with Interviewers

It can be easy to be intimidated by interviewers. Gain more confidence by **building a rapport with them**, instead of trying too hard to impress them (which puts you under more pressure)! You are being interviewed because they like you on paper. You want to combine that with likeability, and boom - nailed it!

### 3. Rehearse Answers Out Loud

So important if you get nervous in social situations. Rehearsing what you say out loud, rather than to yourself, will really help **boost your confidence**. It prevents your mind grabbing for any word that comes to mind mid-sentence, and will help **make your answers more structured**. So you focus on everything you want to highlight about yourself. No more stumbling over words!

### 4. Address Your Anxiety

If you can feel yourself getting anxious, **acknowledge the fact** you are. Mindfulness teacher Charlie Morley suggests, "Before an interview, think to yourself, 'Ah my old friend anxiety. Thank you so much for coming. I know that you are there and I acknowledge you fully.'" Sounds a bit silly doesn't it? "It's actually a great technique to smile at the anxiety, rather than trying to suppress it or overpower it with positive thinking."

### 5. Never Be Late

Ever. Try to arrive 10 - 15 minutes before the interview is due to begin, and give yourself extra time in case you get lost! Don't become stressed and flustered when it's five minutes until your interview and you haven't found the building. It keeps the process **calmer and you stay collected**, keeping your mind focused. Not to mention, it really is very rude to be late. Just don't do it, okay? (EMCC)



**BONUS TIP** - book an appointment with a Careers Consultant for a mock interview or use the interview tools available on MyFuture to practice

(Sources: [www.monster.com/career-advice/article/ten-interviewing-rules](http://www.monster.com/career-advice/article/ten-interviewing-rules) and [www.theguardian.com/careers/seven-ways-to-boost-confidence-at-a-job-interview](http://www.theguardian.com/careers/seven-ways-to-boost-confidence-at-a-job-interview))



# The Student Summer an Employer wants to see

Summer is soon approaching and whilst exams and deadlines are looming you should start to think about plans for the 3-4 months you are off. If you are like myself, you love a good summer holiday and going out and having fun. BUT! Three months is a long time to be left to your own devices and there are plenty of opportunities that can keep you occupied, are fun and most importantly- look incredible on your CV!



**Habitat for Humanity** – A charity that aim to provide housing for those who need it. They have expeditions running all year round that involve building construction as well as working in orphanages. There are currently trips going to Zambia, Malawi, Nepal and Thailand. Habitat is also run in NI so there are opportunities to volunteer part-time or full-time over the summer and in their Habitat Restore shops.



**Projects Abroad** – Organisation that runs volunteering opportunities all over the world, all year round and offer many different experiences with opportunities to travel in Latin America, South Pacific, Africa, Asia and in Europe. Diverse projects that allow for experiences in environmental, health, political and childcare sectors and so many more!



**AIESEC** - UK organisation who focus on global volunteering, global teaching and global talent. These all have opportunities to offer experiences that suit you individually. Their registration portal that will help you find the right opportunity that's right for you! ALSO it has a considerably lower fee for making your experience possible.



**Volunteer Now** - Excellent NI website with skills based volunteering opportunities. BONUS, VolunteerNow also offer a volunteering award for doing 50, 100 and 200 hours volunteering! This includes doing work around campus and being part of societies or in the SU so you may be able to get an award you don't even realise and don't even need to do any more work!



**VolunteerSU** - Queens Student Union also provides information on volunteering opportunities domestically. You can volunteer within Queens (eg Homework Club) as well as outside opportunities including Fairtrade and Childreach International. Also info on volunteering awards. This includes being part of clubs and societies and being a course rep!!



**VSO** – Opportunities abroad that cater for many bespoke experiences from health care, social work, teaching, environment as well as policy change and research experiences. CV gold dust! VSO also have an office in Belfast so you can visit in person.



## Need spondoolies as well?

**Camp America** – This looks amazing on any CV for any job! Work in a kid's camp in America for the summer AND get paid! Global staff and popular with people from NI. Check the dates, you might need to consider it for the next summer and apply early!



**Disney Programme** - offers different programmes in all their locations around the world. Some are short-term and some are yearlong programmes so check out their website to see if there is anything of interest to you.



**Prospects** – this website has featured in all our previous issues because IT'S SO HELPFUL. Info on opportunities all over the world including internships, jobs and volunteering experiences. (CY)



## Enterprise SU, who are you?



All you creative students in AHSS degrees, this is your time to shine bright like a diamond. Enterprise SU is a student focused team dedicated to aiding you to turn the scribbled ideas on the back of your lecture notes into a plan of action.

Book in for a Business one to one to brainstorm a new idea or develop an existing one! If your creative juices are flowing but you lack the business know how, they can put you in contact with the right people and programmes to train you.

They have information on funding, proto-types and business plans when you are ready for the next step. They even provide office space in the form of "The Hatch" to house new business talent. If you secure this space you will also share it with 5 other student business start-ups, meeting likeminded people on a similar journey.

Honestly if I had known that all this support was available sooner I would have been all over this like a rash! Don't let your irrational fear of excel and boardrooms keep you from creating something amazing while you have such a wealth of support. (OC)

# Student Profile: First Steps into the Media Industry

## Michael Jordan

*Film Studies Level 2*

**Dream Job:** Broadcast Journalist based in Sport

### What experience have you gained so far in relation to the media industry?

At Queen's I've tried to gain as much media experience as possible. I'm working freelance on a weekly basis for **BBC Sport**, and gaining experience with **Channel 4** and **Whisper Films** in London. I was Sports Editor and Deputy Head of News on **Queen's Radio** when I gained press access to events including the **BBC Sports Personality of the Year Awards 2015**, **UFC Fight Night Belfast** and **RTÉ Sportsperson of the Year Awards 2016**. I edit and write for my personal website/blog and joined **The Edit** team to gain public speaking, organisational and leadership skills.

### How were you able to get work with the BBC and Channel 4?

It wasn't as daunting as you might think. In first year at Queen's I applied for the **BBC Sport Kick-Off Reporter Scheme**, one position for an eight-week work placement at a BBC Station. I got to interview but didn't get the placement. This was an obvious disappointment, but they decided to bring me in for a few days in November, when I was invited to meet the producer of 'Final Score' and shadow a match reporter at a NI Premier League match. I then covered a game by myself and **now work freelance**, gaining experience in **interviewing and editing** segments which are broadcast live on BBC1 NI.

Channel 4's '4Talent' held a 'C4 Pop Up' in Belfast last June. It's a full day of workshops and practical sessions in teams. The winning team was invited to London to visit Channel 4. **Was I part of a winning team? No.** However, some individuals were chosen as **Rising Stars** and also invited and I was one. In June we visited Channel 4 HQ for an experience day, and in January as part of the Grand Finale. Due to the experience gained between my first and second visits, I won one of the three Rising Stars places and will complete **placement with ITN** and a week at **Whisper Films**.



### I want to get into the industry, but I don't know where to start...

Start anywhere. I had blogged and done radio work before Queen's, but Queen's Radio was key. Now anyone can start their own radio show, blog or YouTube channel. **Whatever it is you want to do, start doing it.** I started my own news/sports show, filmed short videos for the Queen's Athletics Society and asked to go to events I actually never expected to be allowed to go to. I never expected to be given a press pass to the BBC Sports Personality of the Year Awards, but by asking I gained an experience to network and move onto other things. **Opportunities are out there**, and one tends to lead to another.

### The prospect of rejection disheartens me from going for it...

That's normal but should not stop you from chasing your dream career. No matter what you're aiming to achieve, at some point there are going to be set backs – they will happen. **Try to see them positively and learn from them.** My work for the BBC originated from being told 'unfortunately we can't offer you the role'. Now **I walk past the same room I was interviewed in to go to work.**

### What's your top advice for someone trying to get their foot in the door?

Be proactive and start getting experience. Look for different events to go to or to apply for. **Networking is so important** and one which you will get better at with practise. Passion and enthusiasm go a long way! (MJ)

## Increasing Resilience when Job Hunting



### Get Organised

Treat your job search as a job, set aside time for it. You're studying six modules this year? Factor in 6.5 modules, give it your attention.

### Have the right tools

You'll need an up to date, detailed relevant CV which you can tailor to each application. Having those dates and names handy helps with application forms as well.

### Multitask

Don't wait until you hear back from one job to start looking and applying for the next, you can miss opportunities in the meantime. It's ok to have several active applications at once.

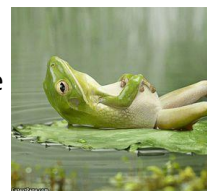


### Ask for feedback

At the early stages of recruitment numbers will be too large for an employer to give feedback. But if you get through to the final stages or interview and are unsuccessful you can ask for feedback. You may not get it but some companies are excellent and will try to help. The worst they can say is no and it shows you're keen.

### Factor in Self Care

You'll not be productive if you're too stressed. Make time for something you enjoy for perspective and new motivation.






# AND FINALLY....

## Sorting all your careers headaches one problem at a time.

'I have zero idea of what I'd like to do after graduation. How do I figure out what I'd like?'

Do not fear, there are so many ways to find about what interests and also bores you in the work place. The main way is to get out there and **gain work experience**. Being in a particular work environment is the first thing that will help you know if you could see yourself working there and most importantly, enjoying it. Another good resource is **Prospects Career Planner**, an online tool that generates ideas relating to your degree and other interests. It could give you ideas considering jobs you may never have thought of before! Also, try **Career Connections**, a program running at the start of June, visiting AHSS employers in Belfast and Dublin and getting advice from recent graduates. Visit MyFuture for more information.



**Career Planner**

Join thousands of students and graduates who have matched their skills and personality to more than 400 job profiles.

'Have I left it too late to find a graduate job?'

Don't lose all hope just yet! There is still time before graduation to find a job! The **Northern Ireland Graduate Recruitment Fair** is on Tuesday 13<sup>th</sup> June from 11am-3pm at Queen's. There you will find graduate jobs, ideas for further study or training opportunities. Visit their website, [www.nigradfair.org](http://www.nigradfair.org) for info and inspiration on last year's fair!

'Next year is my final year and I'm panicking already. How do I make the most of my final year?'

Final year comes around a lot quicker than you think it ever will! Always be on the lookout on **MyFuture** for opportunities such as **careers fairs or even internships** that interest you and could give you a chance to gain invaluable experience to help your CV stand out. A degree won't be enough, you have to **evidence your skills and experience**, use all the opportunities Queen's has to offer.



'I'm tired of education but don't want to start work yet. Gap year?'

Completing your degree is intense and maybe the thought of going straight from it to work has your head in a spin. Gap years can be taken before going to university but also afterwards. Perhaps think about **going abroad and volunteering or working** as it shows independence and confidence to challenge yourself, all impressive to future employers. Check out [workingabroad.com](http://workingabroad.com) for opportunities. Gap years can be great on CV's as, if you make the most of it, it proves you have a **grasp on the real world and an independence to focus yourself**. Planning what you will do on your year out is key to making it worthwhile. (CE)

If you have further questions or want to discuss career options further, one to one careers consultations are available for booking online through MyFuture. E-Guidance is also available.

## CREATIVE INSPIRATIONS

A Careers Networking event for the School of Arts, English and Languages

*The Graduate School, Wednesday 3rd May 2017 (5-8pm)*

Speak with employers, Queen's alumni and current PG students to hear examples of real career trajectories

Find out more about:

- Paid internships as a stepping stone to sustainable livelihoods
- Freelance and portfolio careers
- Employment within established arts organisations (and non-arts organisations)
- Further study and PhD research and where these can lead

Check MyFuture for upcoming bookable sessions.

*An event NOT to be missed.*



Many thanks to *The Edit* Editorial team –

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We endeavour to ensure that our information is current and contains relevant material. Students are encouraged to research all opportunities for most up to date information.



